

KUNDALINI YOGA + GONG BATH with AIMEE BELLO

WEDNESDAYS
8-930 PM
STARTING 4/3

YOGA DESA
120 N TOPANGA
CANYON BLVD



Join Aimee Bello as she guides you through movement, mantra and meditation that will clear you of any stresses of the day so you can blissfully sleep and awaken refreshed. She will share Kriyas of Kundalini Yoga as taught by Yogi Bhajan and will end the class with a glorious gong bath to amplify your intentions and deepen your relaxation.